

# Boulder County 60+ Diabetes Education Group 2023



Come get information, answers to questions, and support from new friends!  
Each session has a focused topic. For people 60+ and their caregivers.  
There is no charge, but donations are appreciated!

<b>January 9</b> Sticking to Your Resolutions- Balanced Eating for Diabetes	<b>February 13</b> Boosting Your Immune System	<b>March 20</b> Managing Blood Pressure and Heart Disease	<b>April 17</b> Exercise and Diabetes Management
<b>May 15</b> Boosting Fruit and Vegetable Intake	<b>June 19</b> Dawn Phenomenon and Somogyi Effect*	<b>July 17</b> Kidney Health and Diabetes	<b>August 21</b> Recognizing and Managing Hypo and Hyperglycemia
<b>September 18</b> Grocery Shopping and Label Reading for Diabetes	<b>October 16</b> Carb Counting and Glycemic Index	<b>November 20</b> Healthy Eating During the Holidays	<b>December</b> No Classes

Facilitators are Registered Dietitians Nutritionists and Certified Diabetes Educators

**Classes are held virtually 11 am - 12 pm until further notice.**

67000

Please contact 303-678-6118 (this is a voice mail box) or email [infohealthyaging@bouldercounty.org](mailto:infohealthyaging@bouldercounty.org) to register so we can send you the link and/or phone number.

\*Dawn Phenomenon and Somogyi Effect refers to low and high blood sugar in the early am hours



**303-441-4995**  
[www.BoulderCountyHelp.org](http://www.BoulderCountyHelp.org)